

Reflections

Reflections - An e-magazine showcasing the artistic talents of Medics

Photography - Dr Sudhanshu Bankata

October 2022

Volume III Issue 10

Inside this issue:

Editorial	2
Humour	4-5
Travelogue	6-22
Literature	23-25
Paintings & Sketches	26-37
Photography	38-46
Last Page	47



Reflections

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Radiologist's Musings - Viral Parekh

October 2022

Volume III Issue 10

Hi!, Namaste,

I am very happy to present here yet another, in fact the 31st. issue of Reflections.

At different stages of life we have different perceptions of the same thing. What was important for a person in his/her thirties may be worthless in fifties or sixties. Once, someone reaches in late fifties, a feeling creeps in that what matters in life is time. You start thinking that your count-down has begun and you might have to leave this world forever any day. So, what matters in life is time. Money lost can be earned back. A few materialistic possessions might go away and come back, but time lost can never come back. Your life in this world is finite and whatever you want to accomplish, you have to do within that finite period.

So, one must utilize your time very judiciously. If someone is not doing anything worthwhile or creative and passing away days in a mundane way, it is sheer waste. There are people who fight on social media over political issues or some other arguments {once upon a time, your truly also used to indulge in such useless activities} it is totally unproductive. Your arguments or counter arguments are not going to change anyone's thought process, so why waste your time trying to convince someone about what is right or wrong. You also don't know what is going behind the scenes, so you are also not sure whether your own perception about a thing is right or wrong. So why argue?

We watch a movie for 2-3 hours, do they deserve our time? Movie makers and so called actors take away 2-3 hours of our precious life in the pretext of entertaining you, but do they always entertain? So, think twice before giving away your time to persons who become stars by taking away your invaluable time.

Not only I have started using my time judiciously, I am also conscious about with whom I am spending my time. I have cut down my phone's screen time by 50 percent. Whatever, time I use on phone is for Radiology related academic activities or music or sports related activities on different social media groups.

As Harvey Mackay has rightly said that "Time is free, but it's priceless. You can't own it, but you can use it. You can't keep it, but you can spend it. Once you've lost it you can never get it back." Another wise person Dion Boucicault has said that "Men talk of killing time, while time quietly kills them.

So friends, start completing your bucket list and enjoy whatever time has been given to you. Thanks a lot for reading this musings of mine and giving me few moments of your precious time.

This issue would not have been possible without the help of Dr. Praveen Bhatia, Dr. Patrick Basu, Dr. Golla Baskar, Dr. Rohini Patil, Dr. Madhuri Salwe, Dr. Shalini Agarwal, Dr. Sarita Gupta Agarwal, Dr. Rashmi Kotkar, Dr. Sudhanshu Bankata, and Dr. Sushanta Bhadra. I am obliged and sincerely thank all of them.

Wish you all a very happy Navratri, Durga Puja and Dusshera

Reflections

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Painting by Dr. Madhuri Salwe

Happy Navratri to everyone

Humour - Cartoons



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist

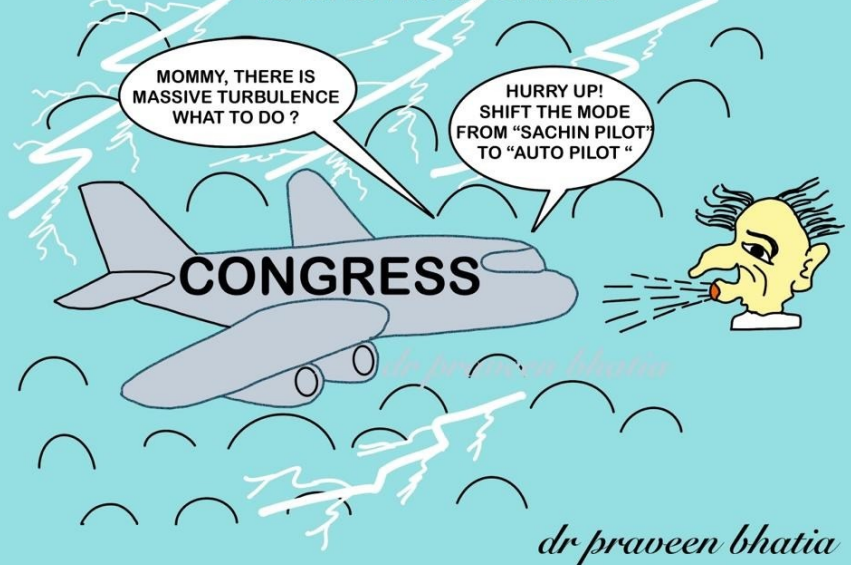
Dr. Praveen Bhatia is also a fellow Radiologist, He has done MBBS from UCMS Delhi and MD Radio-Diagnosis from Maulana Azad Medical College, Delhi. He runs a diagnostic centre at Faridabad, Haryana. He started cartooning initially as time pass during corona lockdown, enjoyed and then carried on. He is also an avid traveller, blogger and corona time singer. Here are some of his cartoons, which I am sure will tickle you.

अशोक गहलोत समर्थक विधायकों ने दिया इस्तीफ़ा



dr praveen bhatia

RAJASTHAN CRISIS

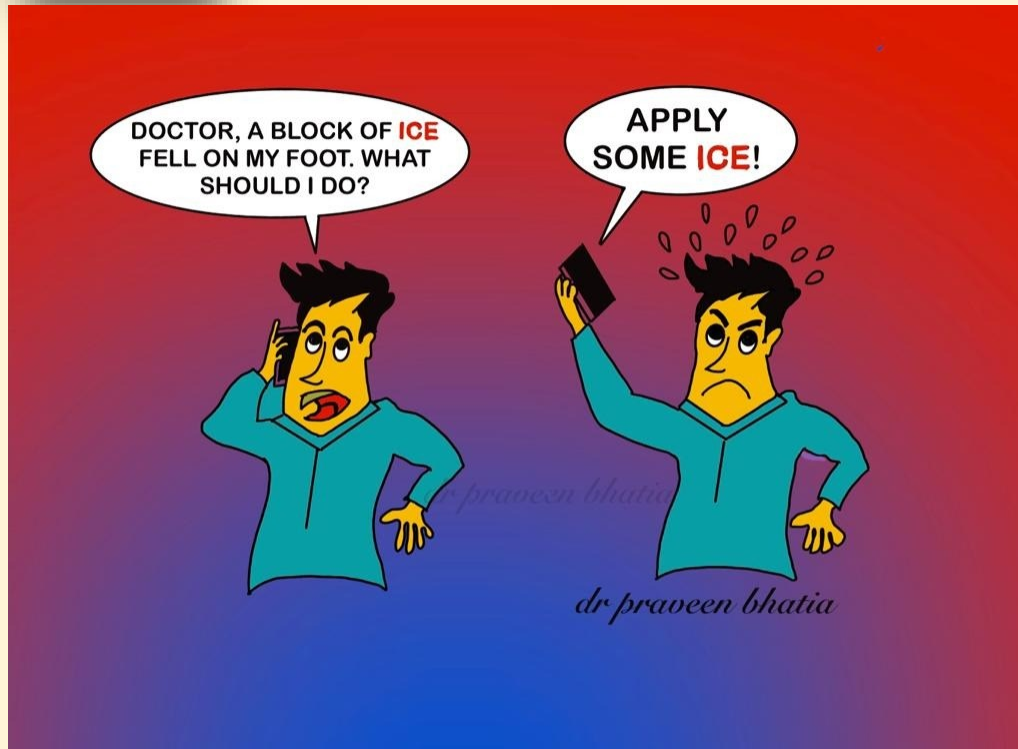


dr praveen bhatia

Humour - Cartoons



Dr. Praveen Bhatia,
MBBS. MD
Consultant Radiologist



Travelogue



Dr. Golla Bhaskar is also a fellow Radiologist based in Florida. He is a great academician and is presently a Consultant at Advent Hospital, Sebring, Florida, USA.

Here is his travelogue on Egypt which he travelled a few weeks back with our common friend Abhijit Roy Chowdhury. I hope you will enjoy it.



We travelled through Egypt using a guide. 90% of this write is what I understood from Ahmed. Please don't take this as the truth. I didn't fact check. Use my trip as a guidance for your own travels. I don't read Egypt. Too many kings and Gods with similar tongue twisting names. Alabama AAPI under Dr Amit Chakrabarty and Salina travels were the organizers. We started off with Cairo Tower. I wouldn't advise. The photo was from top of the tower. Sunsets from the are good . But you can see equally good sunsets and sun raises

from the river cruise. Make sure you have enough Egyptian Pounds. We had to scramble for them. My bank card worked only in the hotel ATM. The next day was Pyramids.

Travelogue



Dr. Golla Bhaskar

MD

Consultant Radiologist

Advent Hospital, Sebring, Florida, USA.



Day 2:

We crawled into the pyramid . Moderate stress. There's nearly a 200 feet length of hunched crawling . Sadly I didn't complete. It's not difficult. Stress yes. Don't expect to see beautiful carvings and etchings in the pyramid. It's an experience. Bragging rights. Sorry I forgot: Light and Sound show: Waste of time and Money. Pure waste. Sphinx: they don't let you go touch the paws. You got to get your photos through the railings.

I didn't do camel rides .September is unbelievably hot. Hats. Water Umbrellas. Are a must. Sunscreen. Don't do eye contact with the peddlers. Yes. NO EYE CONTACT EVEN. For the Telugus: Pokiri movie, Brahmanandam and the Beggars Association.



Travelogue



Dr. Golla Bhaskar

MILDLY DILATED

Consultant at Advent Hospital, Sebring, Florida, USA.



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One of the unbelievable stuff is; people/help are happy to receive a couple of Egyptian pounds. Guess how much does it cost to use the restroom?

Travelogue



**Dr. Golla Bhaskar,
MD**

Consultant Radiologist

Advent Hospital, Sebring, Florida, USA.



Travelogue



**Dr. Golla Bhaskar,
MD**

Consultant Radiologist

Advent Hospital, Sebring, Florida, USA.



There are two museums in Cairo. These are from the National Museum of Egyptian Civilization. If you are crunched for time. Skip it.



Travelogue



**Dr. Golla Bhaskar,
MD**

Consultant Radiologist

Advent Hospital, Sebring, Florida, USA.



**Day 2 contd. : This is Karnak. My memory is ad-
dled from useless stuff. I may mess up. Please hold
me to the same standards that you hold your politi-
cians to. So much
stone work.
Stones. Stones.
Pillars. Pillars.
Pillars. Rams.
Rams. Etchings.
Etchings. Did
More Etchings.**



**Once the stones are laid
(erected). They are cov-
ered by a plaster and
the etchings start. You
can see the edge of the
plaster on this photo
There's granite. But you
can see the colossal
statues are not
smoothed out as you
habitually see in India**

Travelogue



**Dr. Golla Bhaskar,
MD
Consultant Radiologist
Advent Hospital, Sebring, Florida, USA.**



The base of this obelisk is hid by the regular giant sized stones. That's because the king was trying to erase everything that had his Step mother's name on it. Hatshepsut. Why didn't the miffed king pull the whole column down?



Remember the Mummy? The bugs that prefer crawling under the bad guy's skin?

Scarab. The young Sun was called a Scarab. The ancients thought the scarab throws the Sun up every morning.

Circumambulating the scarab in one direction , is believed, to get one pregnant and in the other direction a divorce. I forgot whether it's the clockwise or the anti

Travelogue



**Dr. Golla Bhaskar,
MD**

Consultant Radiologist

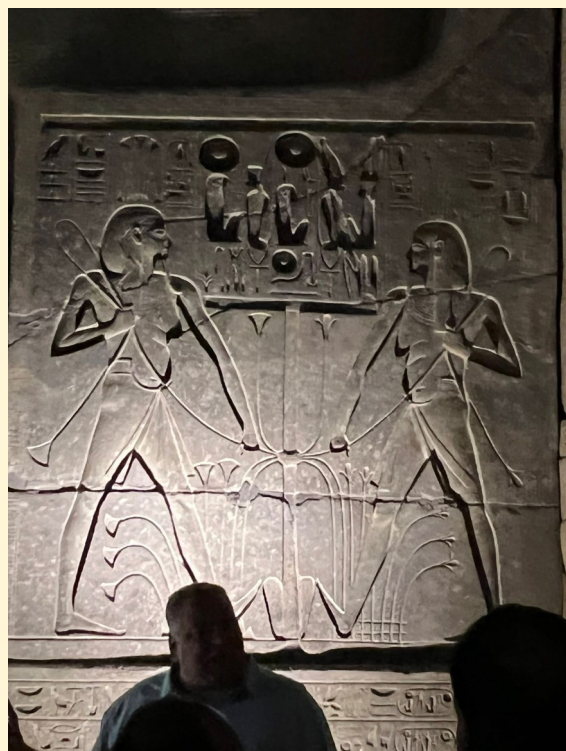
Advent Hospital, Sebring, Florida, USA.



This is Luxor. Right across Karnak. The God resides in Karnak and travels to Luxor in boats. (I am missing something here). The God, Goddess and Son travel down in three boats to Luxor once a year. If the Goddess is in Karnak with the God, then why are they cruising? I have to check. This etching shows that the king United the Upper and Lower Egypts : two men, two ropes and one knot.

If I remember correctly, the lotus is upper Egypt and the Papyrus is the lower. The open flower to our right is the lotus. If the Pharaoh is the lord of both Upper and lower Egypt, then the

crown is double (one over another) and has both a vulture and a cobra
I didn't get an adequate reply as to how? Where? The Egypts were divided.



Travelogue



**Dr. Golla Bhaskar,
MD**

Consultant Radiologist

Advent Hospital, Sebring, Florida, USA.



**Amenhotep III's queen got equal rights.
Equality is not a new fangled.**



**What's with that hole?
Sharp margins say intentional. Why was it chiseled out? Abijith's brother Surajit answered. We including the guide were impressed. But Surajit is an engineer.**



Travelogue



**Dr. Golla Bhaskar,
MD**

Consultant Radiologist

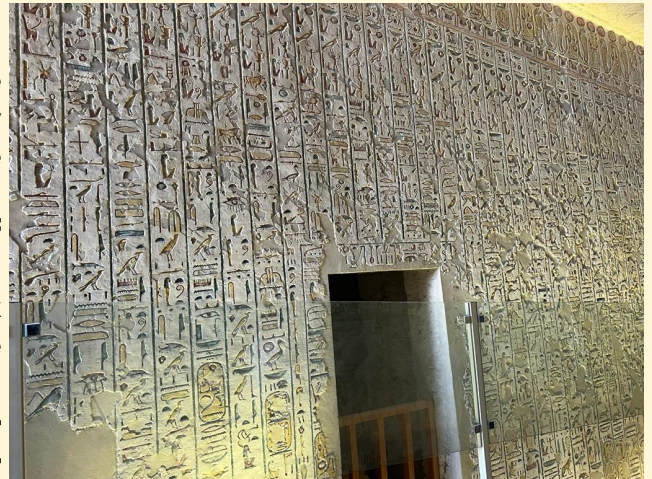
Advent Hospital, Sebring, Florida, USA.



Day 3:

These are from Valley of the Kings. Tomb of Ramses III. Easy walk down to the tomb. Good number of pictures have

retained their colors. Want to guess what additive (a natural protein) helps retain the color? One of my friends, Dr Vijaya, correctly pointed it out. The guide showed a painting in a dark corner and said it was "Last Supper". I couldn't see nothing. Probably Abijith did.



These must be Ramses IX tomb. I might have included King Tutankhamen's also. Easy walk. Nice murals. On a couple one can see the transparent clothes like appearance.

King Tut's mask and stuff are in old Cairo Museum and should be moved to a new one next year. That means there will be a time when they will be hidden from the public Queen Hatshepsut. Easy walk but I didn't. Too hot and I was already panting like a dog. Queen Hatshepsut ruled as a regent her son/step son too long and got the future king mad. The guy got so riled and took a chisel to

her name and face effectively removing her from history. The (Hatshepsut's) obelisk that was stone walled in Karnak wasn't demolished because The sloppy restoration was by the Greeks. There were supposed to be holes in them statues left purposely. The wind howling through the cracks would sound like a mother weeping for their dead son. Now that the holes are covered up. No more howling.



Travelogue



**Dr. Golla Bhaskar,
MD
Consultant Radiologist
Advent Hospital, Sebring, Florida, USA.**



This box is called a cartouche. The king's name will be engraved in this box. Some are left empty because the kings were changing rapidly and the sculptor didn't know who's name should be carved

Travelogue



**Dr. Golla Bhaskar,
MD**

Consultant Radiologist

Advent Hospital, Sebring, Florida, USA.



This is a very interesting etching.

The good God is controlling the bad/darkness. The darkness is represented by a mythical creature. A combination of Hippo , pig. I forgot the third animal.

The Sun/good God does not want to kill the darkness because they want to bring a balance.

And the darkness by a mythical rep as the carvers don't want to portray a known life/animal as a vile creature and lead to it's annihilation.

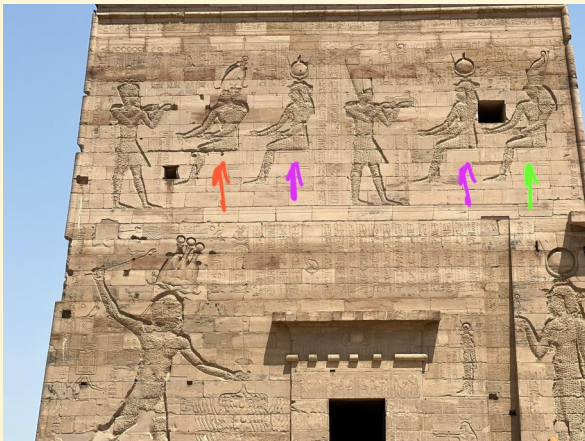
Similar type of peg and socket type of construction was used in India. Limestone egg based cement was used as an adhesive in India. A thin layer of mud was applied to the top surface and another stone was layered over . The weight of the top stone will force out the mud and any residual air in between the stones. That would cause an air tight seal.



Travelogue



**Dr. Golla Bhaskar,
MD
Consultant Radiologist
Advent Hospital, Sebring, Florida, USA.**



Don't ask me the names of the Gods. The purple arrow is the mother. Think Isis.
Want to guess the relationship with the green and red arrows?

I will rephrase the question. Isis is purple.

**Mohammed Ali Mosque Cairo.
Beautiful architecture.
Must see**



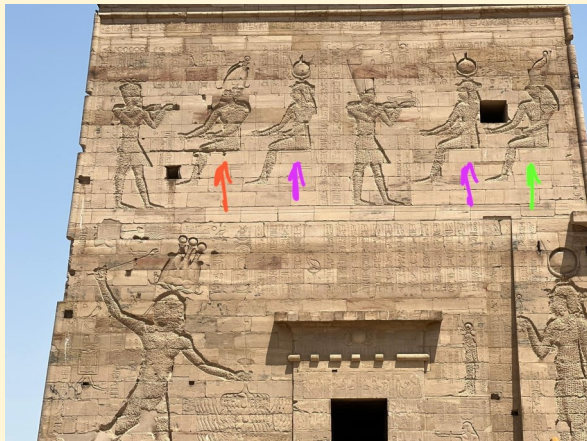
Travelogue



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**Queen Nefertari with an artificial beard.
Short beard; Noble
Long beard; living King
Curved beard: Dead and gone**

When the light shines on the face, the eyes come up.

The eyeliner (కాటుక) helps cut off the excessive light and helps them see in the brightest day.

The guide said , this modus was learned from observing the animals. The lions do not have an eye-shade and so hunt only at dusk and in the nights. Unlike Cheetah that can hunt in the brightest of the day



Travelogue



**Dr. Golla Bhaskar,
MD
Consultant Radiologist
Advent Hospital, Sebring, Florida, USA.**



King Tut's pitamaha's mask and sandals.

If the grandpa's mask is this good, imagine how the grandkid's mask would look



Tahrir Square



Unfinished obelisk. To see that we gotta climb a hill. My friends helped me climb the hill. It was a good climb. Tough for me.

Travelogue



**Dr. Golla Bhaskar,
MD**

Consultant Radiologist

Advent Hospital, Sebring, Florida, USA.



Photo courtesy Yasodhara .

See the Discrepancy in the sizes of the King and the Queen. Remember Amenhotep III photo with the king and queen of the same height?



Photo courtesy Janaki.

Literature - Poems



Dr. Rohini Patil
MBBS, DGO
Consultant G&O
Vasai, Maharashtra,

Dr. Rohini Charudatta Patil is a Gynecologist by profession. She finished MBBS and DGO from GMC Miraj. She started practicing at Abhinav maternity nursing home in Nallasopara, Vasai, Palghar 12 years back. She was a columnist for "Tanaat Ma-naat", Dainik Herald newspaper, Goa for 2 years. She has finished 5 exams from Gandharva Vidyalaya in Kathak Nritya. She is about to publish a booklet of four liners. Here are some of her poems.

THOSE PRECIOUS 15 MINUTES

....And then the alarm goes...

**A stir a glance
Stop that snooze
Quite early ...that
Some aftermath**

**Today am bang on time
Concrete plans to sublime
Am in total control
Let the new day roll**

Positive thoughts amass...

**Tiffin in minutes
School bus gone
Maid is on time
As clock shows nine**

**Lunch n dinner sorted
Breakfast table laid
Job schedule followed
Not a sec wasted**

**Time to hit the T.V.
Whole day was so busy..
And want to go to bed
Am tired ,nearly dead....**

**Suddenly it strikes to me...
The day has slowly begun....
What finished was just a rehearsal
What was planned ;is still undone....**

ONLY WHEN YOU MARRY

You realize ...

**That there isn't any prince charming
And life has gone brain storming
That no one lives happily ever after
Best of timber is now shattered**

**That Nights are so comforting
For once asleep people stop eating
And Sundays aren't fundays
They ruin you more than weekdays**

**That daily you die a hundred deaths
And yearn for life after death**

**Take a decision and prove it right
Marriage is an exception...
One can never set it right....**

Literature - Poems



**Dr. Shalini
Agarwal
MBBS, MD,
Pt. B D Sharma,
Post Graduate In-
stitute of Medical
Sciences
Rohtak.**

Dr. Shalini Agarwal is also a fellow Radiologist. She had a long career as an air force officer and as a consultant in the non-defense government setup. She had done her MBBS in 1987 from AFMC, Pune and MD in 1998 from AH(R&R) Delhi.

She is consultant at her present hospital since 2004. She has done Commonwealth fellowship and ESSR Diploma in musculoskeletal radiology also.

Her hobbies are Reading, writing, and cooking. Here are few of her poems. I am sure you will like them.

BONDAGE OF LOVE

**Tomorrow is the day I go out into the greens.
Tomorrow is the day I meet new people, my
friends, my comrades
And start an adventure together
Tomorrow is the day when I fall in love**

**Tomorrow is the day when we let him go
Tomorrow is the day we have waited for and
dreaded
Will he eat well, get a comfortable bed to sleep
in
Tomorrow is the day when we leave him to be
who he is**

**What if they don't like me, I don't speak like
them
What if he doesn't make an impression, he is so
careless
I will have to cook to eat and wash a fresh set
of clothes
He will have to work so hard to do well
Can I do it?
Can he do it?**

**Tomorrow is the day I send home the results of
their hard work
Results of my hard work**

**Tomorrow is the day I send home my first sala-
ry
Should I write to them too?
Will they understand, I did my best?
That this is the beginning, and there is more to
come**

**Tomorrow is the day I get to know if I make
them proud
Tomorrow is the day we see him after a lifetime
Tomorrow is the day when we welcome him
back
Is the house painted, is the garden fresh?
Will he like the old or should we make him new
Tomorrow is the day when we wait at the door
with a bouquet of tears**

**Tomorrow is the day I go home
Tomorrow is the day I meet my makers
Should I touch their feet, should I hug them?
Will they like my gifts, will they have kept my
favourites?
Tomorrow is the day when I put my feet up and
be a child again**

Literature - Poems



Dr. Shalini Agarwal
MBBS, MD,
Pt. B D Sharma, Post Graduate Institute of Medical Sciences
Rohtak.

MUSIC OF MY HOME

Kettle whistles a melody so sweet
Tantalizing aroma wafts hypnotic
Ladles, spoons scramble to join in
Plates are not far behind.

Chair creaks invitingly by the window.
Aromatic draft ruffles my tired wings
Chime tinkles with happy laughter
Tik Tok; sleepy clock unwinds.

Sink splashes playfully resume.
Furry feet tickle; patient and kind
Fan hops around mad with joy
Dazed lamp snaps alive.

This, I wait for impatiently all-day
Music that plays all the time
Softly cuddles sings a lullaby
Together it brings on my smile.

Art - Paintings



**Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiologist
Chinchwad, Pune
Maharashtra**

Dr. Madhuri Salwe is also a fellow Radiologist. She started some pencil work in her childhood. There were many long gaps and then she drew some sketches while studying MBBS.

Her main journey of painting and sketches started when she completed her degree and joined a hospital, so whenever she used to get some time, she used to sketch some designs and then the rhythm started.

Whatever she learnt till date is from self experience, learnt from mistakes and she keeps on upgrading herself from pencil to acrylic on canvas to water color and white pencil on black and this the result of her journey. I am sure you will like it.



Art - Paintings



**Dr Madhuri Salwe,
MBBS, DMRE.
Consultant Radiologist
Chinchwad, Pune
Maharashtra**



Art - Paintings



Dr. Rashmi Kotkar
MBBS, DNB
Consultant Radiologist
Pune, Maharashtra.

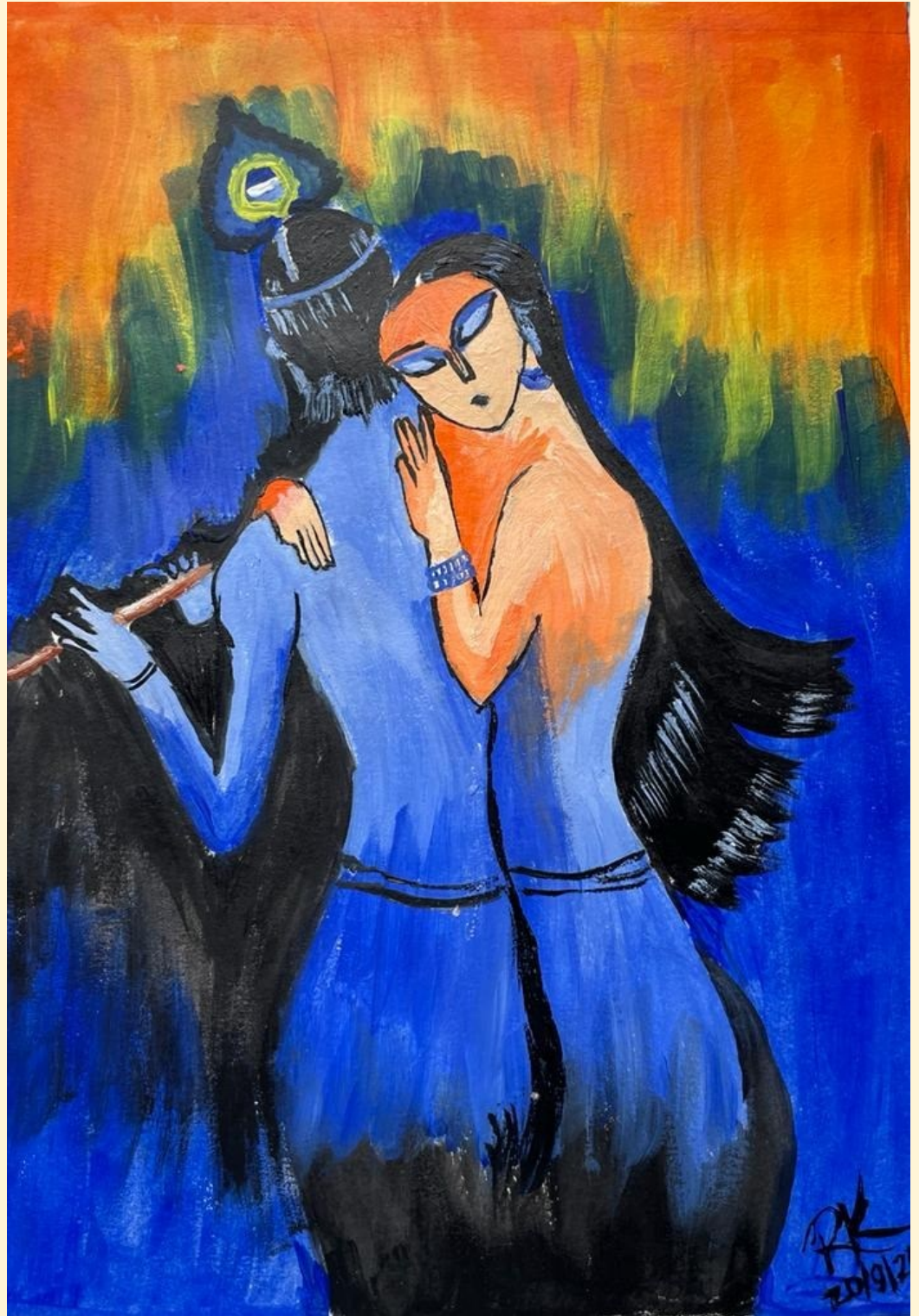
Dr. Rashmi Kotkar is also a fellow Radiologist. She did her MBBS from GMC, Nagpur. She did her DNB from Deenanath Mangeshkar Hospital, Pune. She is now working as a Consultant sonologist in Pioneer diagnostic centre and Umang hospital, Pune. In spare time, she loves to do paintings, dancing, cooking. Reading books and travelling also rejuvenate her mood. Covid period help her to blossom hidden budding painter within her and especially taught me to take care of hobbies equally with professional and personal life. Here are some of her paintings, which I think all of you will appreciate.



Art - Paintings



Dr. Rashmi Kotkar
MBBS, DNB
Consultant Radiologist
Pune, Maharashtra.



Art - Paintings



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MBBS, DNB
Consultant Radiologist
Pune, Maharashtra.



Art - Paintings



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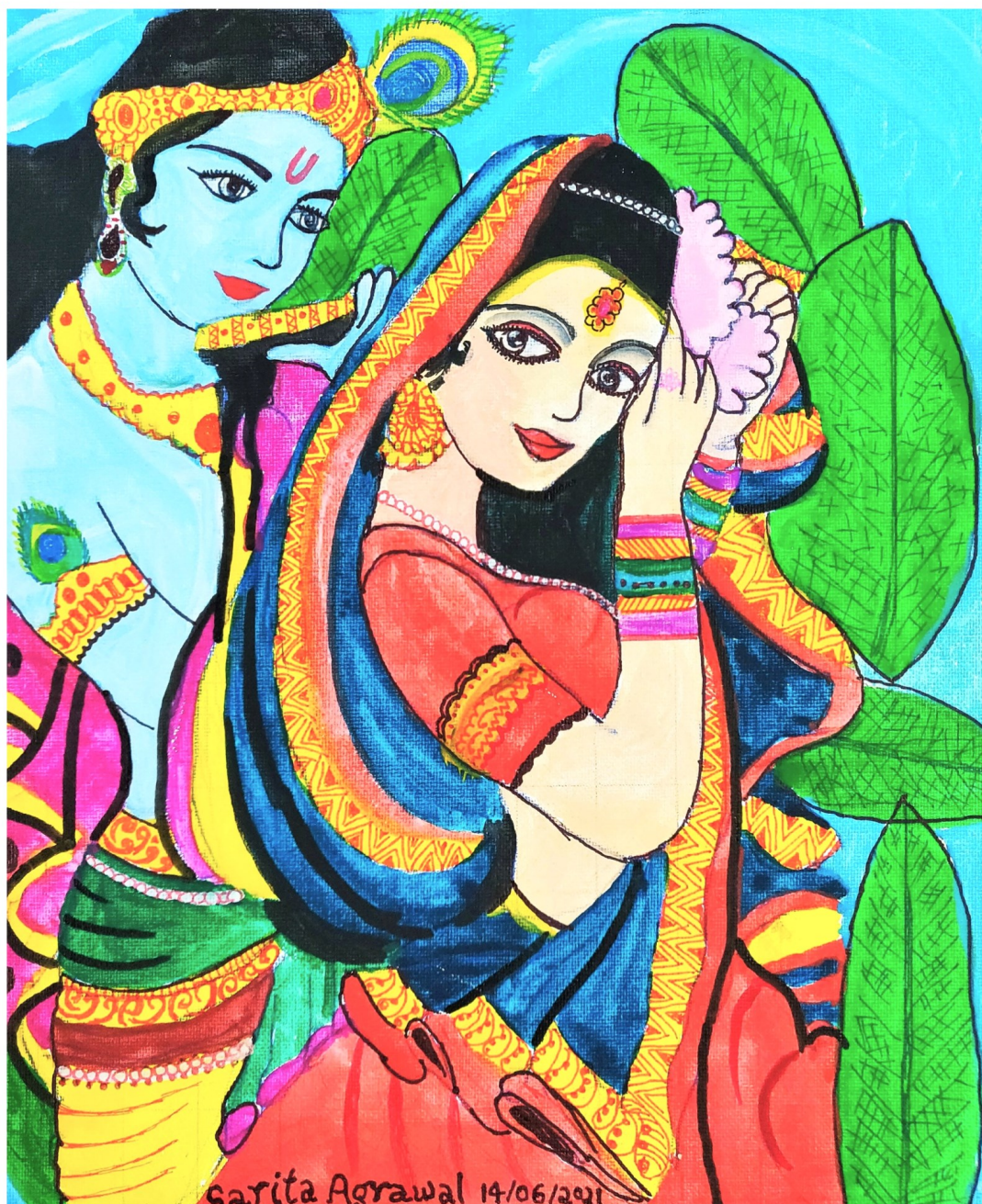


Art - Paintings



Dr. Sarita Gupta Agarwal
MBBS, MD.
Consultant Radiologist,
Kota, Rajasthan.

Dr Sarita Agrawal Gupta is also a fellow Radiologist. She has done her MBBS and MD (Radiodiagnosis) from RNT Medical college Udaipur (RAJASTHAN). She is now working as a Consultant Radiologist at Sarita Ultrasound & Diagnostic Centre at Kota, Rajasthan. Here are some of her paintings. I am sure you will like them. She can be contacted on her Email: ramsar-gupta@hotmail.com.



Art - Paintings



Dr. Sarita Gupta Agarwal
MBBS, MD.
Consultant Radiologist,
Kota, Rajasthan.



Art - Paintings



Dr. Sarita Gupta Agarwal
MBBS, MD.
Consultant Radiologist,
Kota, Rajasthan.



Art - Paintings



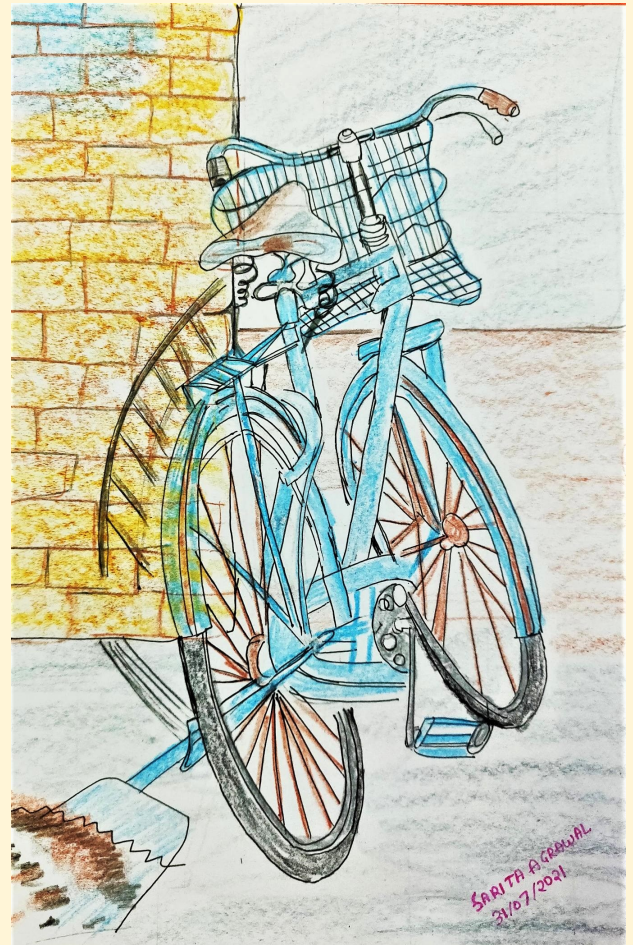
Dr. Sarita Gupta Agarwal
MBBS, MD.
Consultant Radiologist,
Kota, Rajasthan.



Art - Paintings



Dr. Sarita Gupta Agarwal
MBBS, MD.
Consultant Radiologist,
Kota, Rajasthan.



Photography



Dr Sudhanshu Bankata is also a fellow Radiologist and Managing Director and CEO of RadBank Imaging Solutions. He is based in Noida, UP. Here are some of his photographs. I am sure you will like them.

Dr Sudhanshu Bankata
MD (Radiology),
MBA (ISB, Hyderabad)



Photography



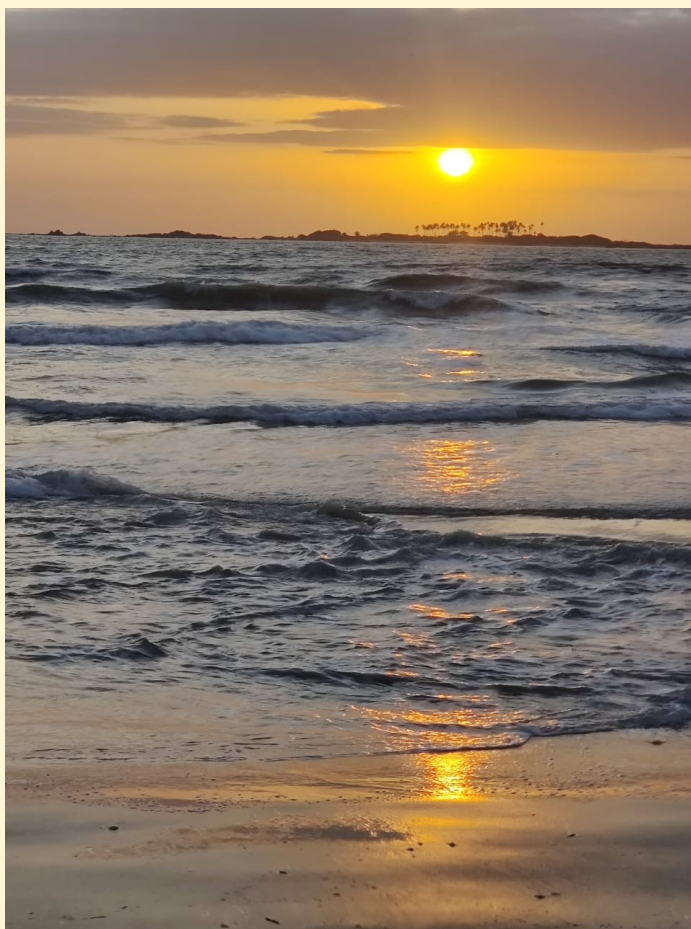
Dr Sudhanshu Bankata
MD (Radiology),
MBA (ISB, Hyderabad)



Photography



Dr Sudhanshu Bankata
MD (Radiology),
MBA (ISB, Hyderabad)



Glamour Photography



**Mr. Sushanta Bhadra,
MBBS, MD, DTMH,
DNB, FRCOG, FRCGP,
LLB.**

**Clinical Director,
North Bexley PCN
United Kingdom.
PCN**

Mr. Sushanta Bhadra is also my classmate and a very dear friend from R. G. Kar Medical College.

He is probably the most qualified amongst 150 classmates of our Medicos-80 batch. He now stays in Bexley, Kent, UK. In spite of a very busy schedule, he still manages to pursue his passion for glamour photography. Some of his work is here and I am sure it will please you.



Glamour Photography



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Glamour Photography



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Glamour Photography



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North Bexley PCN
United Kingdom.
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Photography : Dr. Patrick Basu

Next issue in November 2022

I am bringing out such e-magazine with a frequency of one issue every month. So, next issue will be published in November 2022.

I am hereby inviting all the professionals who indulge in extra-curricular activities to share her/his work with me and if it is of good quality, I will surely publish it.

So, I request all of you to contribute to this Newsletter. Please send your material in Word format with good quality images. Please send your photograph and details of your place of work with email address also. Your material should reach us by 15th. Of October, 2022.

What do you feel about Reflections.? How can it be improved? Do you like or dislike something in this publication? Please share your thoughts and I will publish them in next edition of Reflections.

Please write to : reflections2020@hotmail.com

So long.

Viral Parekh

Reflections